



You can help a young person today!

Do you want the young people in your community to become healthy, responsible adults? Of course you do! Well, making that goal a reality may be easier than you think. The key is bonding, and here's how it works:

Provide meaningful opportunities

to young people. These could be anything from helping to prepare a meal to coaching younger players on a team. Young people need to feel that they're a valuable part of their family, school and community.

Build skills

—with the proper skills, a young person will be able to do a good job with the opportunities you provide.

Give recognition

to young people for their effort, progress and accomplishments! A hug, a special privilege or a simple "thank you" are all good examples.

Opportunities + skills + recognition = bonding!

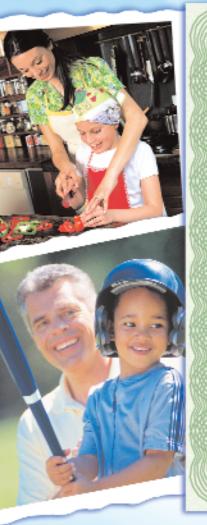
Set a good example. When young people are bonded to adults who consistently set healthy beliefs and clear standards for behavior, they have what they need to make healthy choices in a complicated world.

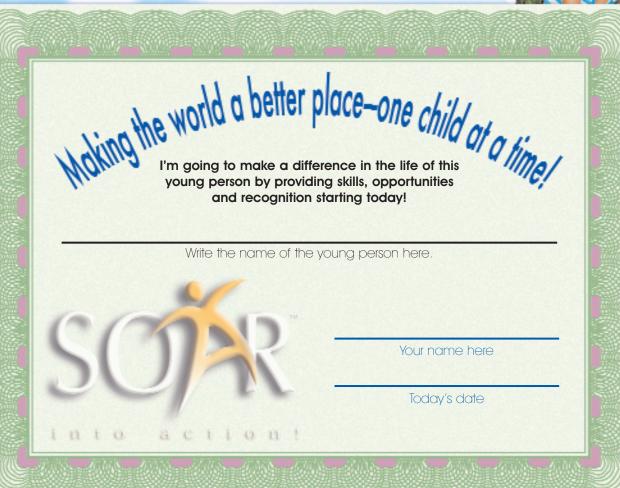




Helping a young person is its own reward!

Think of how you can you provide opportunities, skills and recognition to this young person today!





Opportunities

I'm going to provide the following opportunities to this young person:

Skills

I'm going to teach the following skills to this young person:

Recognition

I'm going to provide the following recognition to this young person:

Share what you've learned!

Give this card to another adult to teach him or her how to use bonding.





You can make a difference with bonding!

Bonding with the young people in your community can help them become healthy, responsible adults. Here's how it works:

- Provide meaningful opportunities so young people know they're an important part of their family, school or community.
- Teach skills to help young people do a good job with the opportunities you provide.
- Recognize young people for their effort, progress and accomplishments!
- When you do all of the above, you'll build a bond with young people. And they'll follow your lead in practicing the healthy beliefs and clear standards you set for them.

A brighter future for the youth in your community starts with you—today and every day!